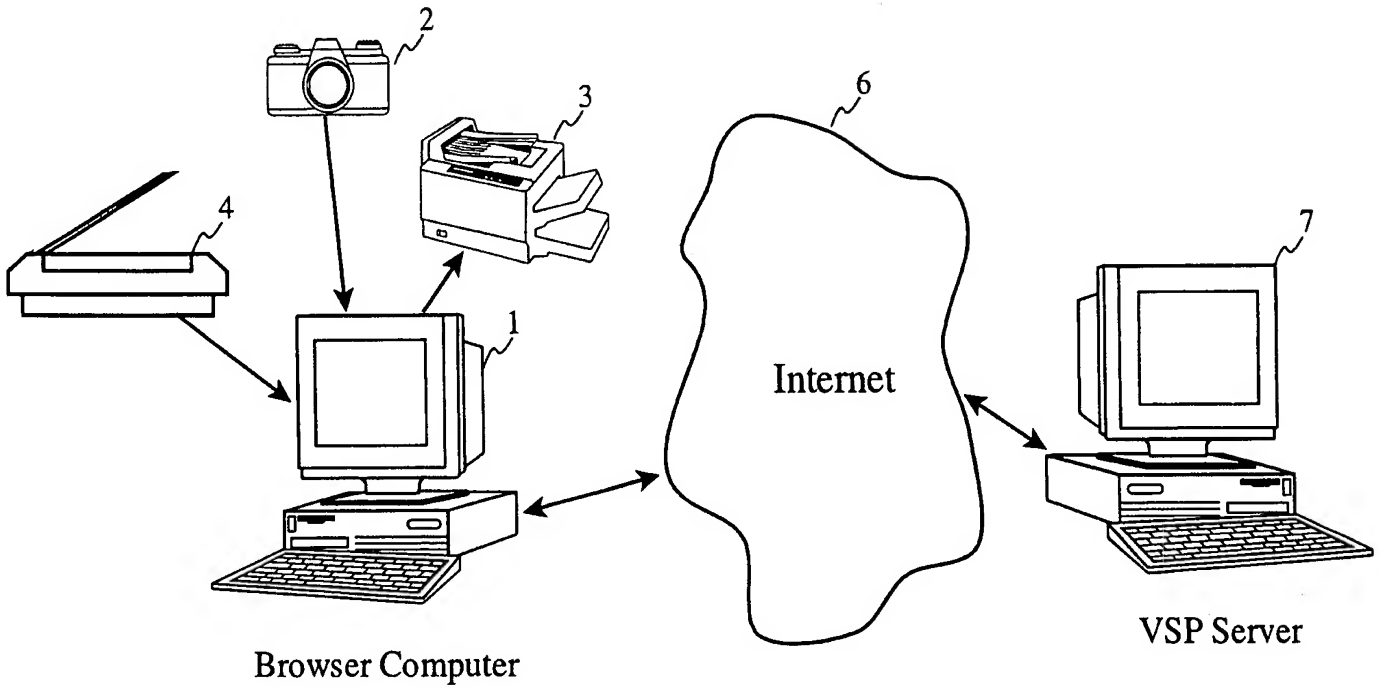

Figure 1

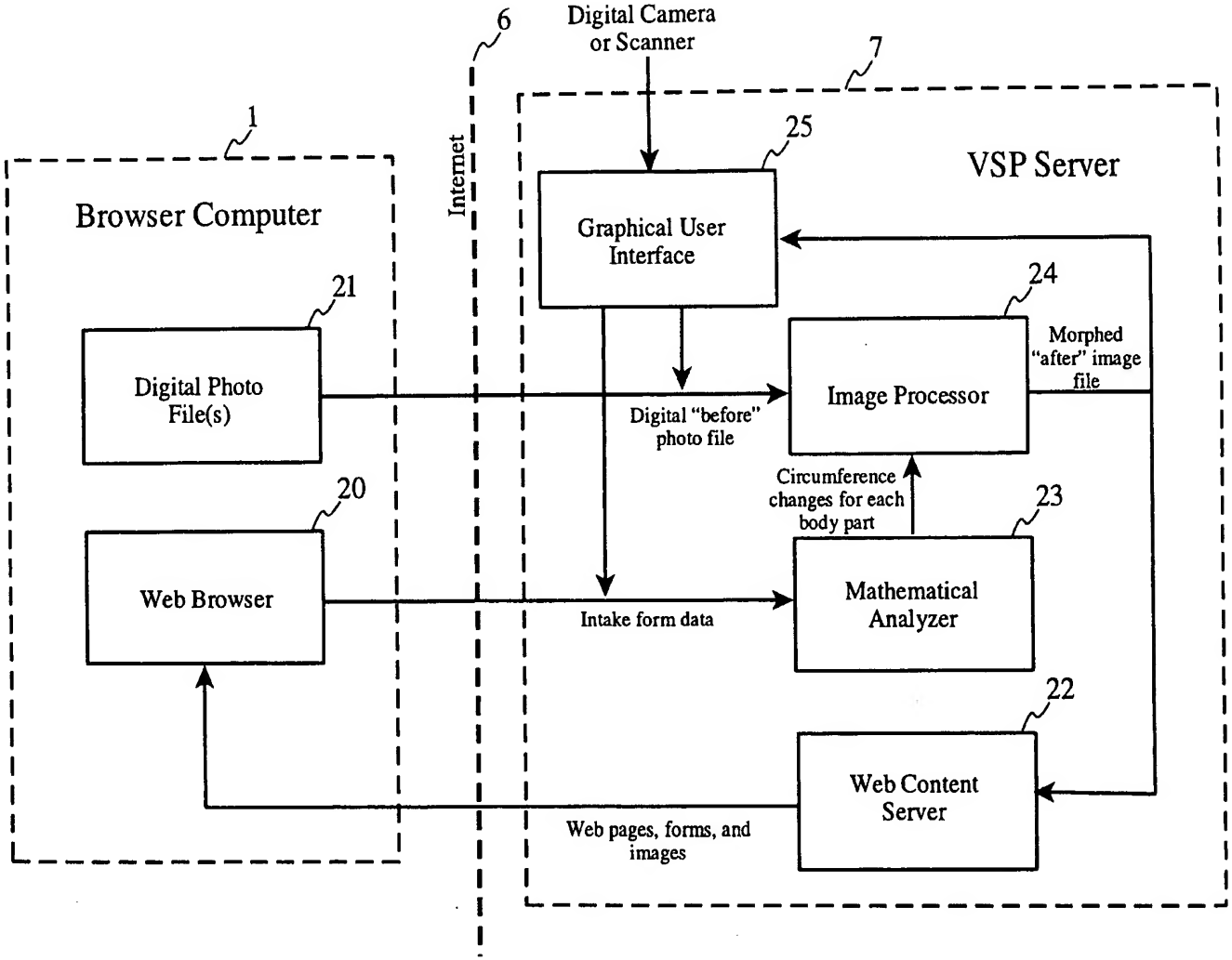
6
Digital Camera
or Scanner
7
1
25
VSP Server
Internet
Browser Computer
Graphical User
Interface
24
21
Morphed
"after" image
file
Digital Photo
File(s)
Image Processor
Digital "before"
photo file
Circumference
changes for each
body part
23
20
Web Browser
Mathematical
Analyzer
Intake form data
22
Web Content
Server
Web pages, forms, and
images

Figure 2

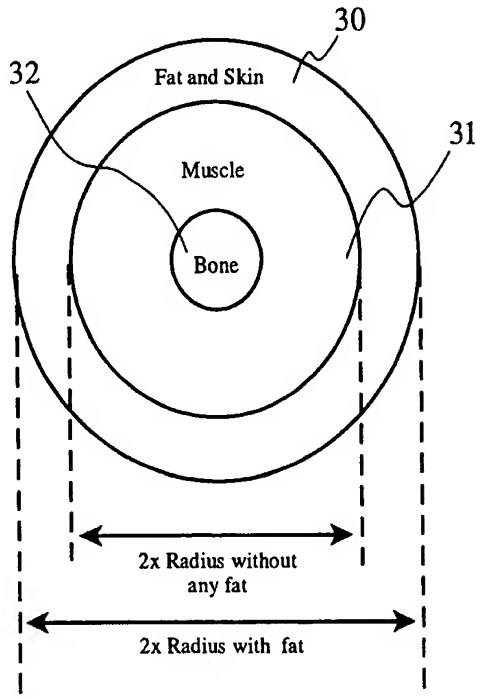
30
32
Fat and Skin
31
Muscle
Bone
2x Radius without
any fat
2x Radius with fat

Figure 3

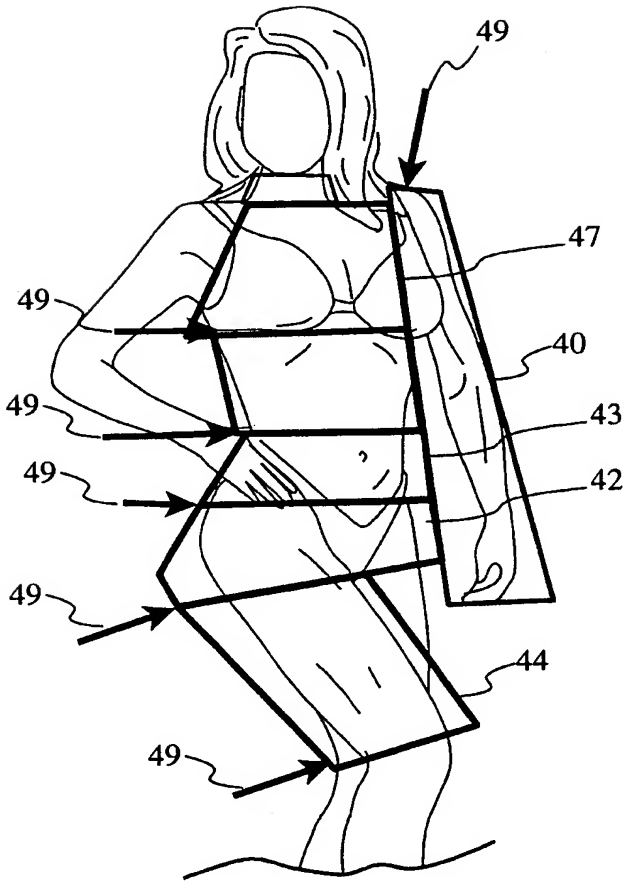

Figure 4

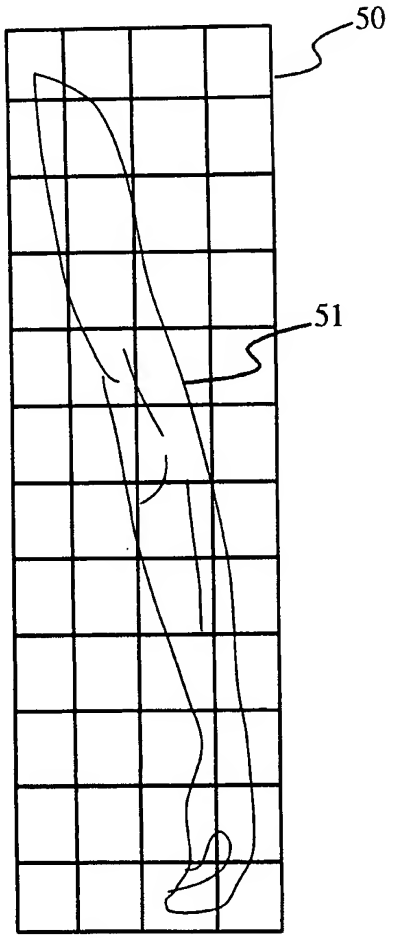

Figure 5

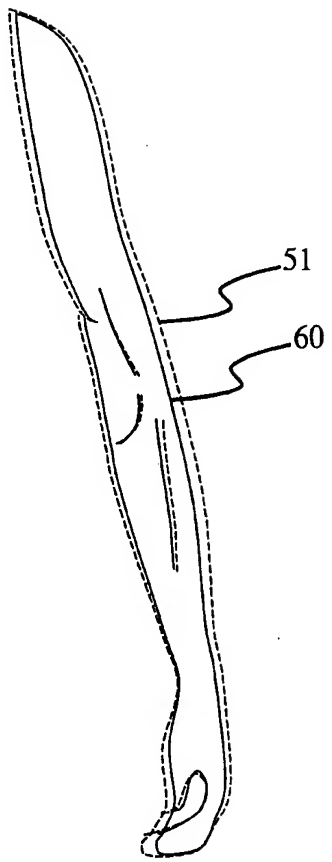

Figure 6

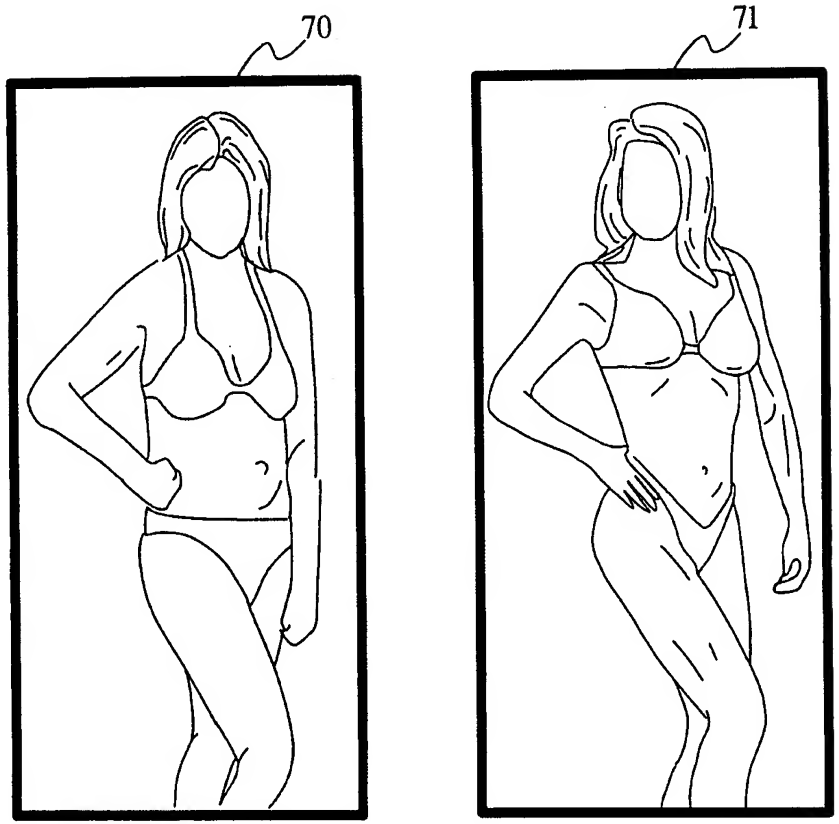

Figure 7

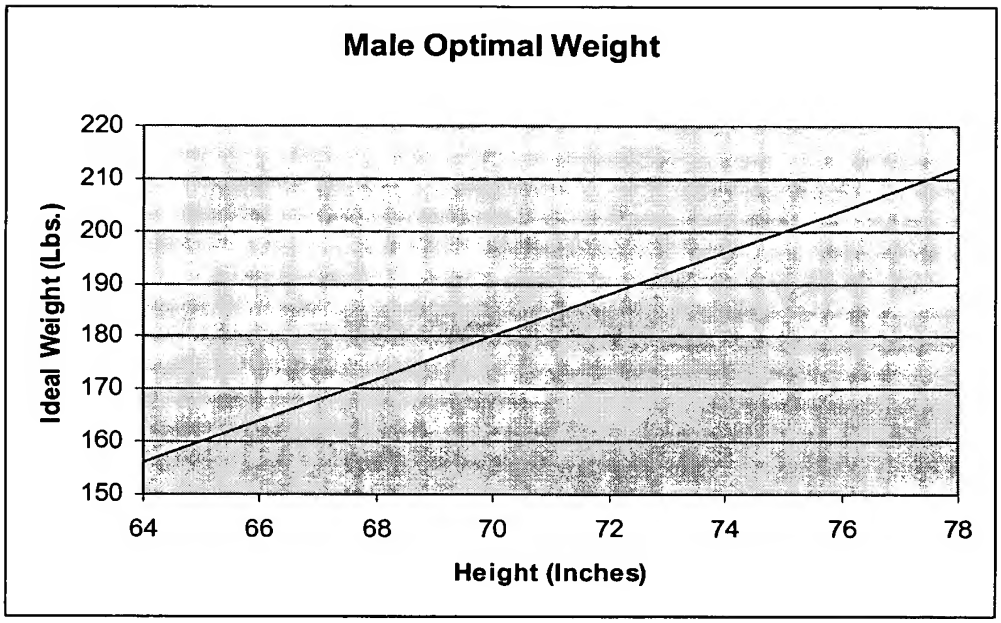
Male Optimal Weight
Ideal Weight (Lbs.)
220
210
200
190
180
170
160
150
64
66
68
70
72
74
76
78
Height (Inches)

Figure 8

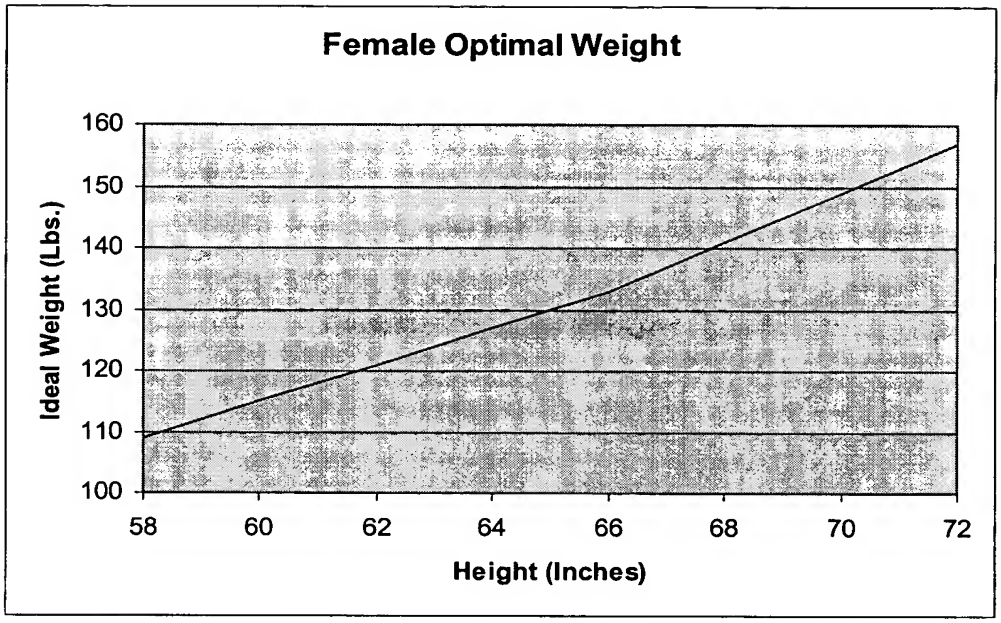
Female Optimal Weight
Ideal Weight (Lbs.)
160
150
140
130
120
110
100
58
60
62
64
66
68
70
72
Height (Inches)

Figure 9

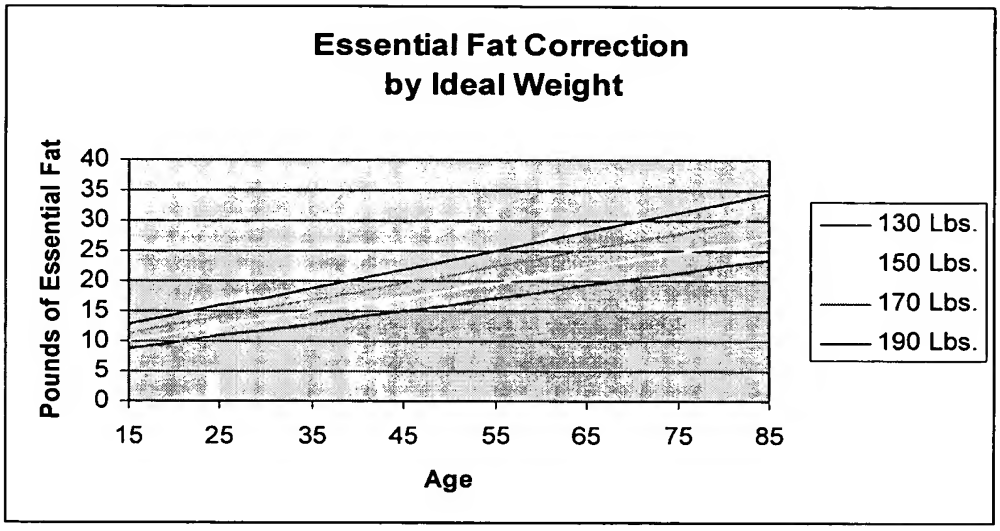
Essential Fat Correction
by Ideal Weight
Pounds of Essential Fat
40
35
30
25
20
15
10
5
0
15
25
35
45
55
65
75
85
Age
130 Lbs.
150 Lbs.
170 Lbs.
190 Lbs.

Figure 10

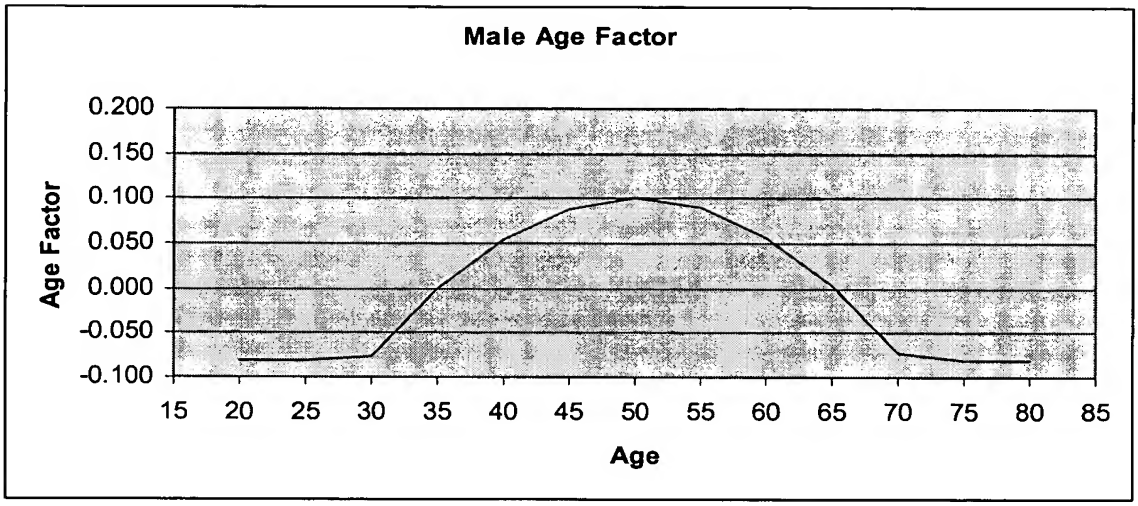
Male Age Factor
Age Factor
0.200
0.150
0.100
0.050
0.000
-0.050
-0.100
15
20
25
30
35
40
45
50
55
60
65
70
75
80
85
Age

Figure 11

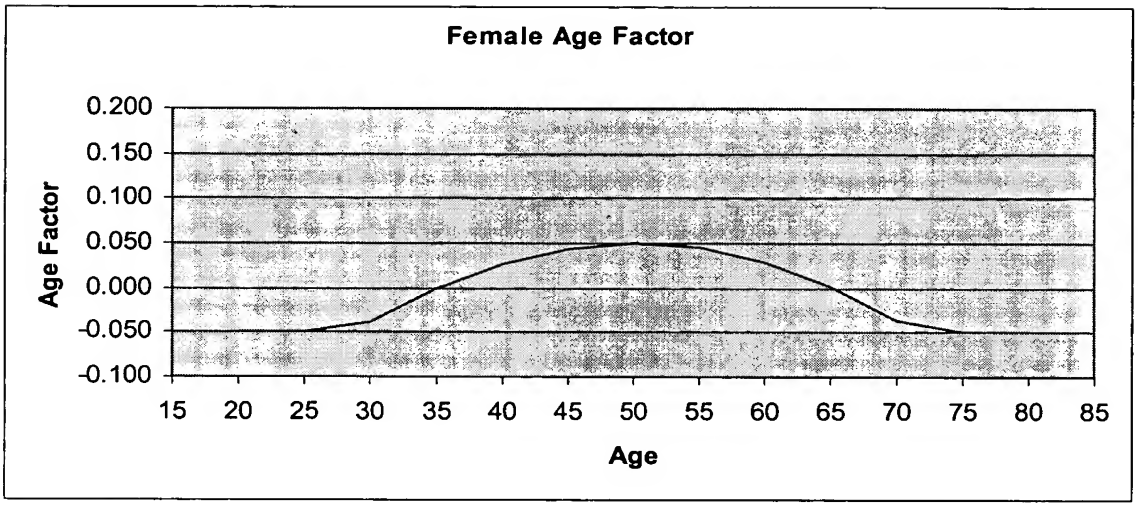
Female Age Factor
Age Factor
0.200
0.150
0.100
0.050
0.000
-0.050
-0.100
15
20
25
30
35
40
45
50
55
60
65
70
75
80
85
Age

Figure 12

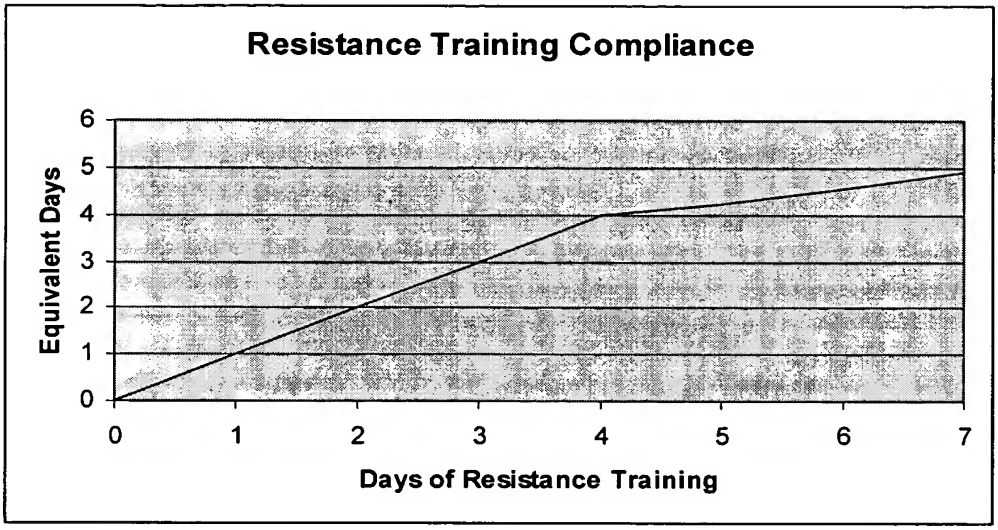
Resistance Training Compliance
Equivalent Days
0
1
2
3
4
5
6
0
1
2
3
4
5
6
7
Days of Resistance Training

Figure 13

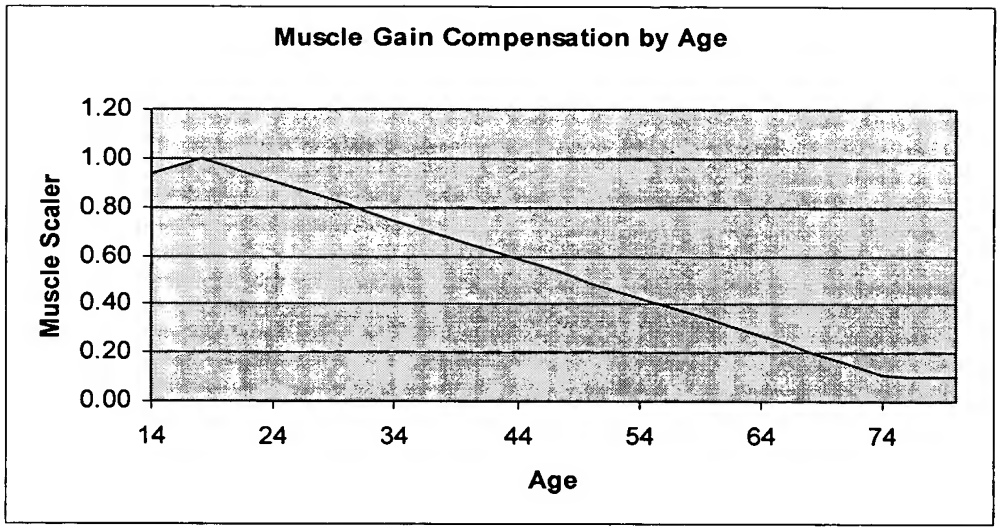
Muscle Gain Compensation by Age
Muscle Scaler
1.20
1.00
0.80
0.60
0.40
0.20
0.00
14
24
34
44
54
64
74
Age

Figure 14

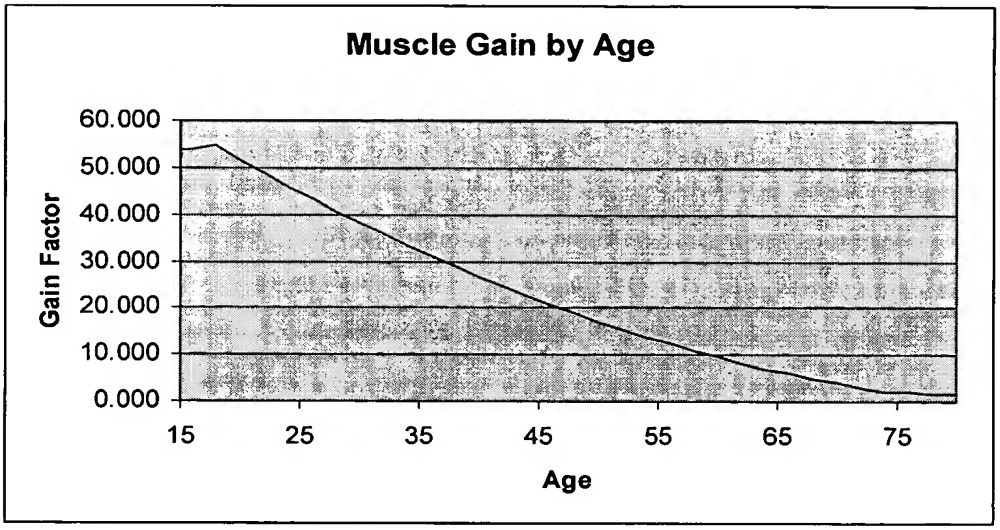
Muscle Gain by Age
60.000
50.000
40.000
30.000
20.000
10.000
0.000
Gain Factor
15
25
35
45
55
65
75
Age

Figure 15

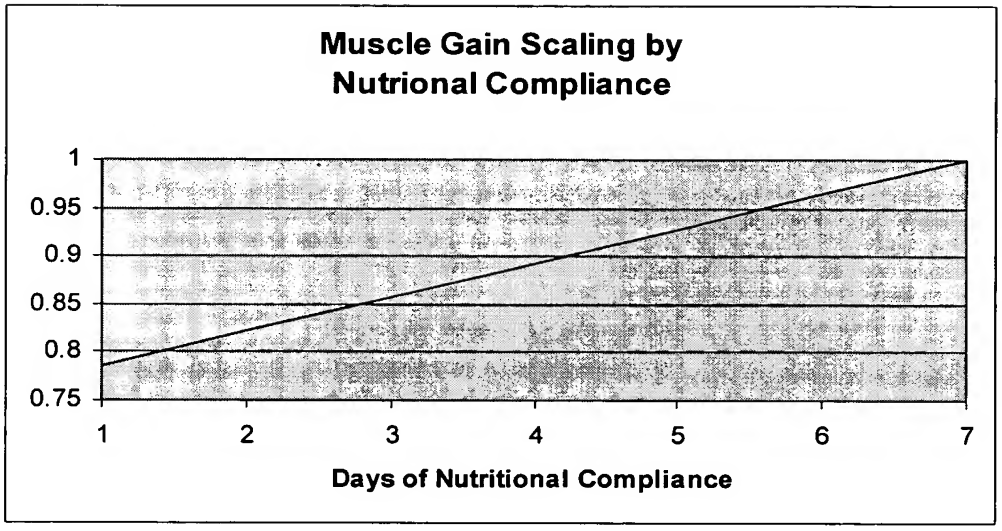
Muscle Gain Scaling by
Nutrional Compliance
1
0.95
0.9
0.85
0.8
0.75
1
2
3
4
5
6
7
Days of Nutritional Compliance

Figure 16

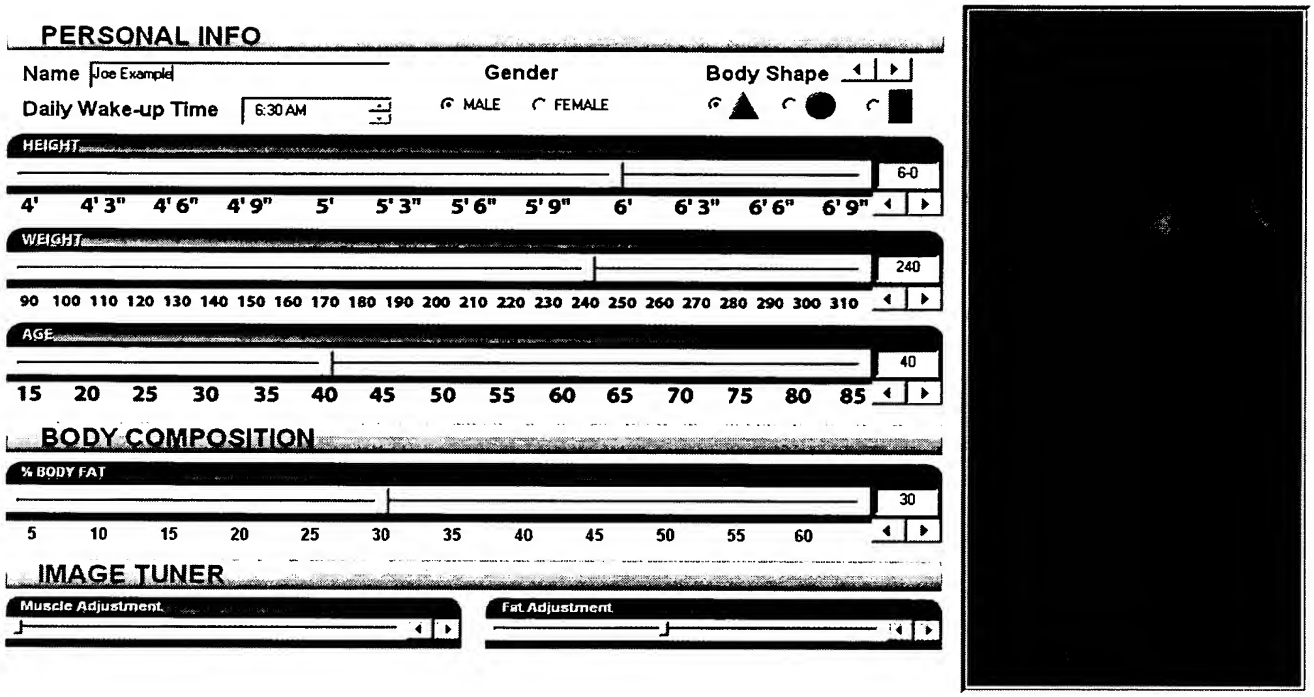
PERSONAL INFO
Name Joe Example
Gender
Body Shape
Daily Wake-up Time 6:30 AM
MALE
FEMALE
HEIGHT
6-0
4' 4' 3" 4' 6" 4' 9" 5' 5' 3" 5' 6" 5' 9" 6' 6' 3" 6' 6" 6' 9"
WEIGHT
240
90 100 110 120 130 140 150 160 170 180 190 200 210 220 230 240 250 260 270 280 290 300 310
AGE
40
15 20 25 30 35 40 45 50 55 60 65 70 75 80 85
BODY COMPOSITION
% BODY FAT
30
5 10 15 20 25 30 35 40 45 50 55 60
IMAGE TUNER
Muscle Adjustment
Fat Adjustment

Figure 17

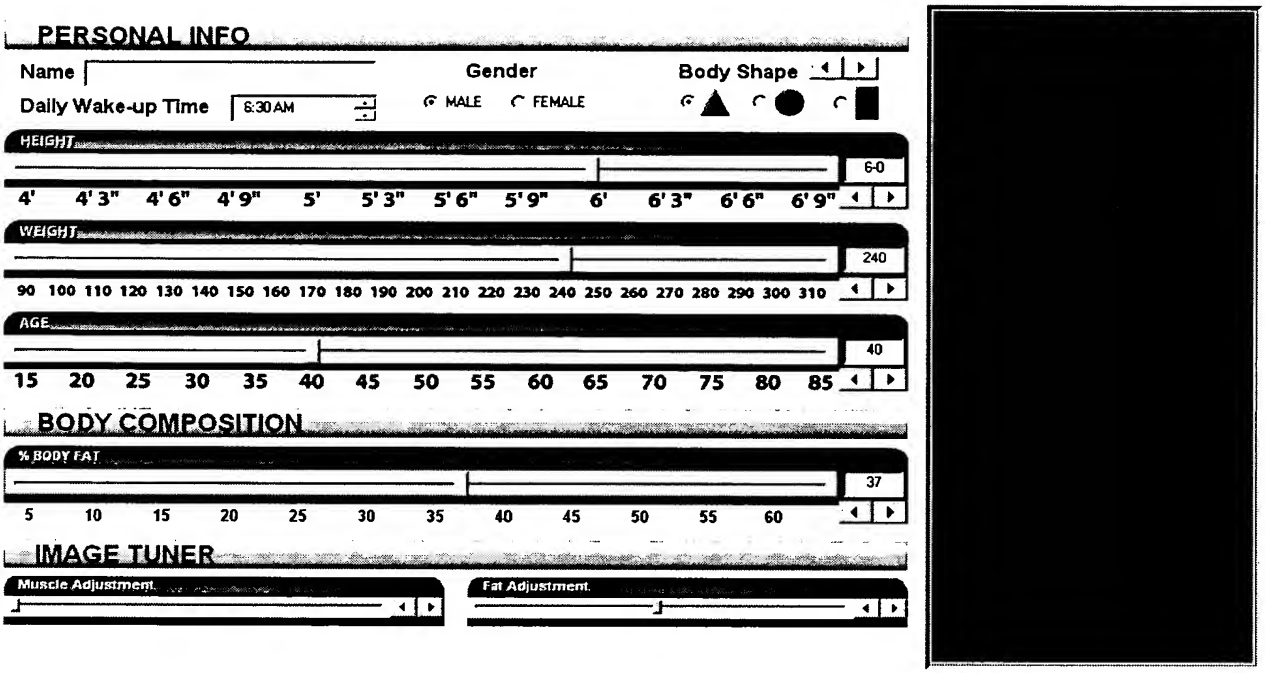
PERSONAL INFO
Name
Gender
Body Shape
Daily Wake-up Time
8:30 AM
MALE
FEMALE
HEIGHT
6-0
4' 4' 3" 4' 6" 4' 9" 5' 5' 3" 5' 6" 5' 9" 6' 6' 3" 6' 6" 6' 9"
WEIGHT
240
90 100 110 120 130 140 150 160 170 180 190 200 210 220 230 240 250 260 270 280 290 300 310
AGE
40
15 20 25 30 35 40 45 50 55 60 65 70 75 80 85
BODY COMPOSITION
% BODY FAT
37
5 10 15 20 25 30 35 40 45 50 55 60
IMAGE TUNER
Muscle Adjustment
Fat Adjustment

Figure 18

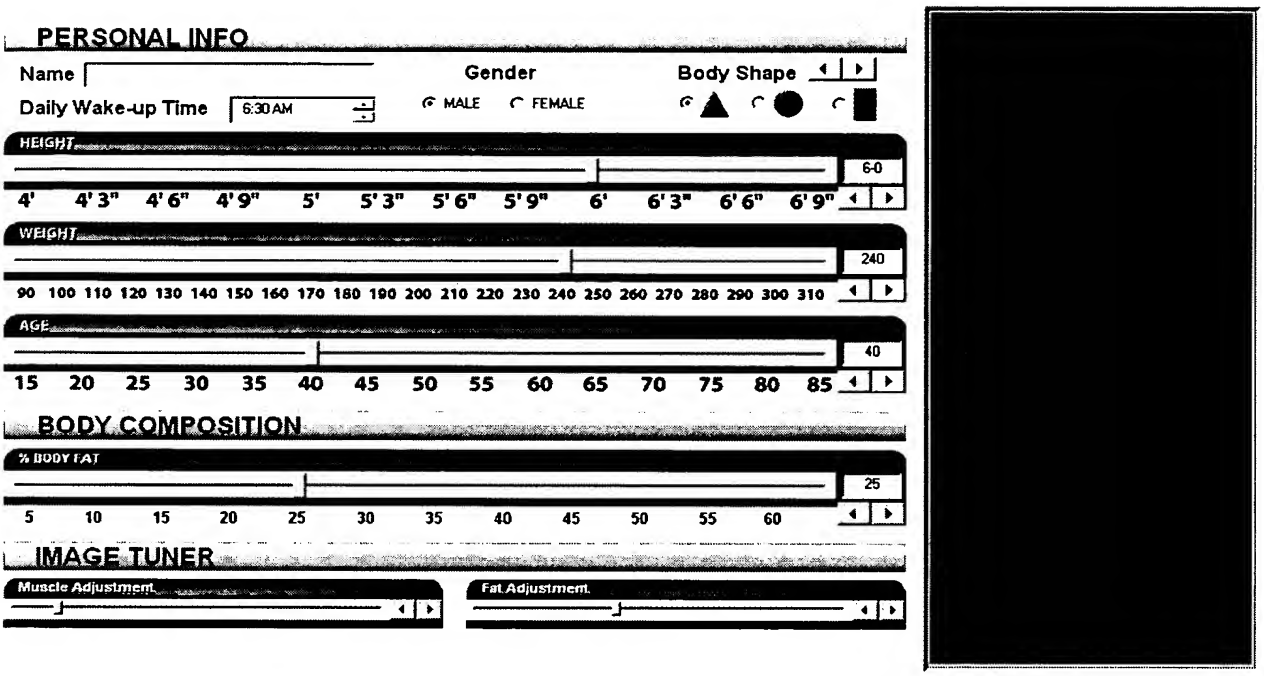
PERSONAL INFO
Name
Gender
Body Shape
Daily Wake-up Time
6:30 AM
MALE
FEMALE
HEIGHT
6-0
4' 4'3" 4'6" 4'9" 5' 5'3" 5'6" 5'9" 6' 6'3" 6'6" 6'9"
WEIGHT
240
90 100 110 120 130 140 150 160 170 180 190 200 210 220 230 240 250 260 270 280 290 300 310
AGE
40
15 20 25 30 35 40 45 50 55 60 65 70 75 80 85
BODY COMPOSITION
% BODY FAT
25
5 10 15 20 25 30 35 40 45 50 55 60
IMAGE TUNER
Muscle Adjustment
Fat Adjustment

Figure 19

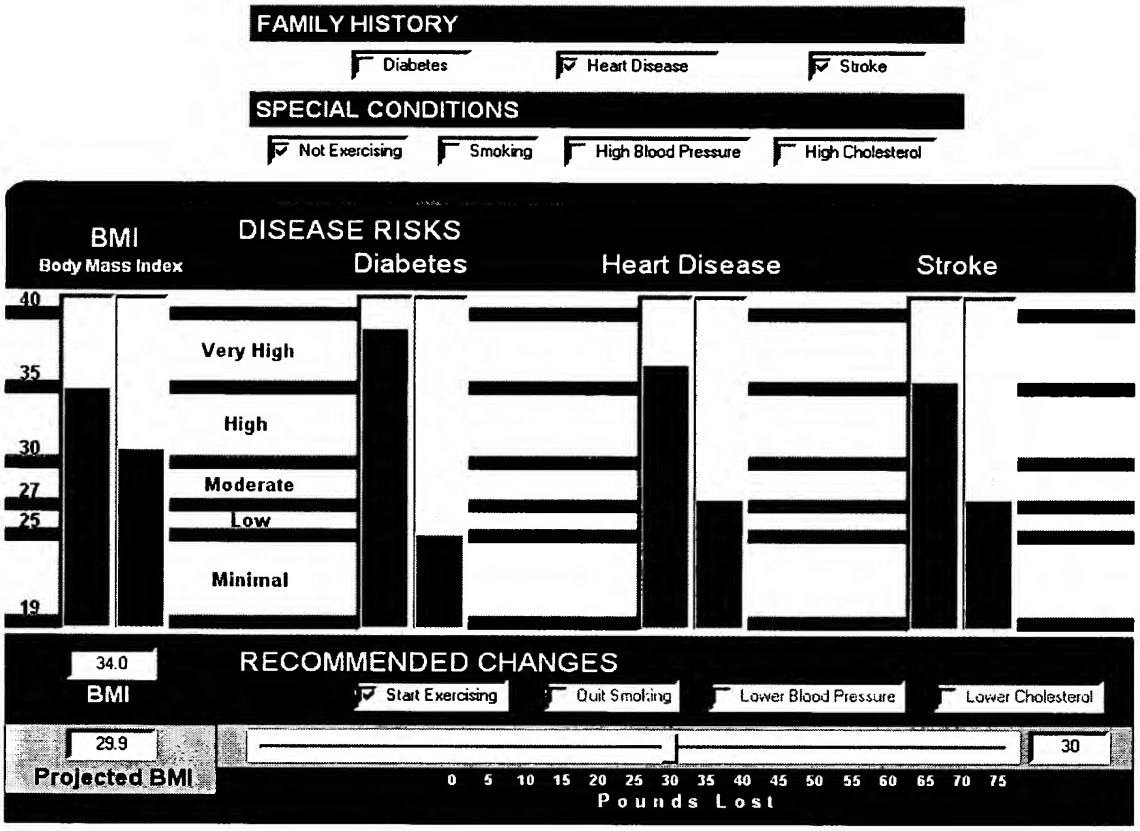
FAMILY HISTORY
Diabetes
Heart Disease
Stroke
SPECIAL CONDITIONS
Not Exercising
Smoking
High Blood Pressure
High Cholesterol
BMI
Body Mass Index
DISEASE RISKS
Diabetes
Heart Disease
Stroke
40
35
30
27
25
19
Very High
High
Moderate
Low
Minimal
34.0
BMI
RECOMMENDED CHANGES
Start Exercising
Quit Smoking
Lower Blood Pressure
Lower Cholesterol
29.9
Projected BMI
30
0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75
Pounds Lost

Figure 20

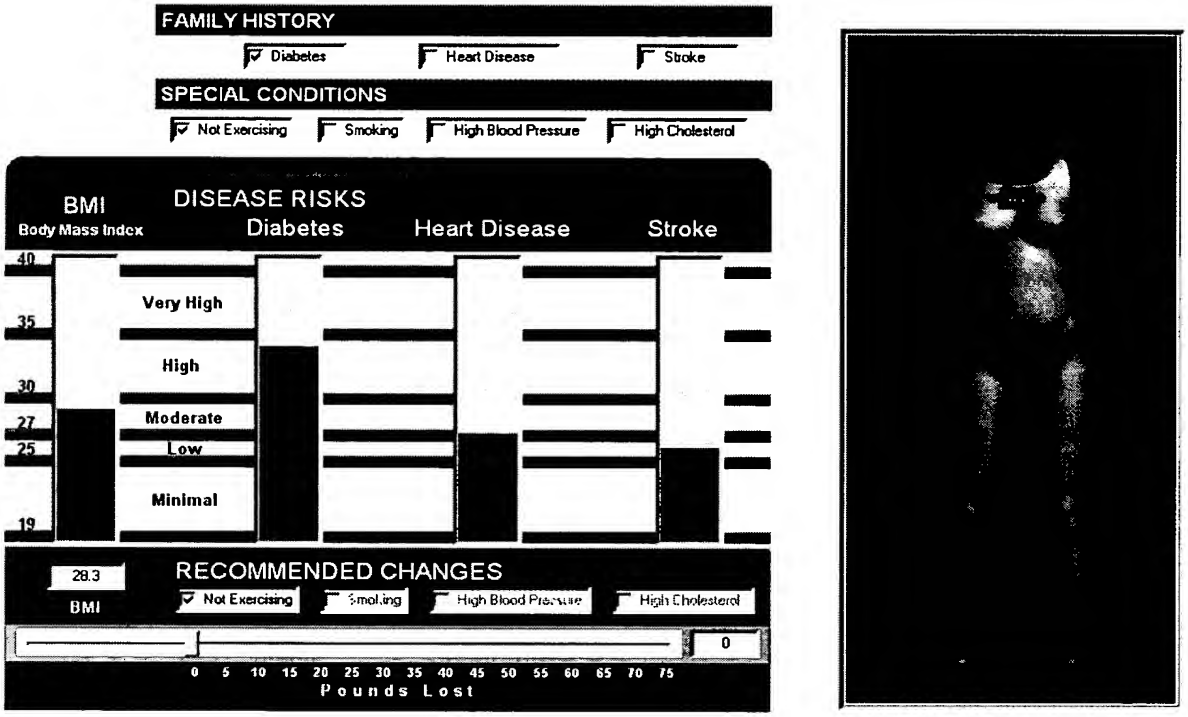
FAMILY HISTORY
Diabetes
Heart Disease
Stroke
SPECIAL CONDITIONS
Not Exercising
Smoking
High Blood Pressure
High Cholesterol
BMI
Body Mass Index
DISEASE RISKS
Diabetes
Heart Disease
Stroke
40
35
30
27
25
19
Very High
High
Moderate
Low
Minimal
28.3
BMI
RECOMMENDED CHANGES
Not Exercising
High Blood Pressure
High Cholesterol
0
0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75
Pounds Lost

Figure 21

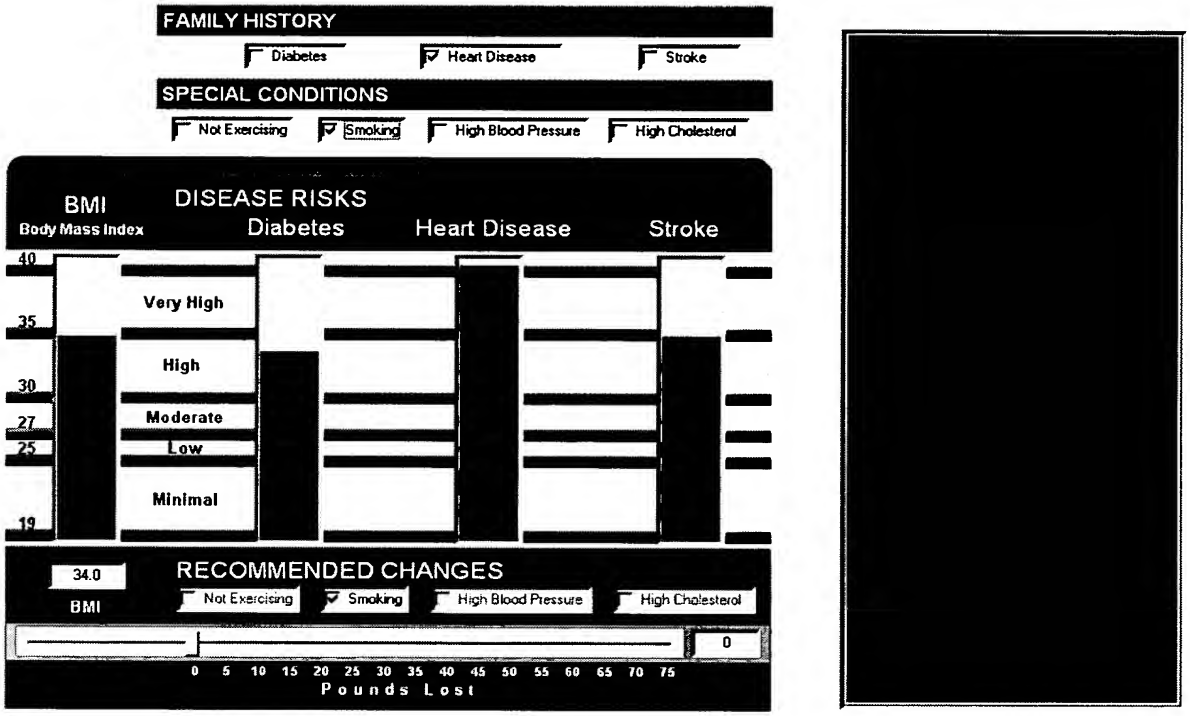
FAMILY HISTORY
Diabetes
Heart Disease
Stroke
SPECIAL CONDITIONS
Not Exercising
Smoking
High Blood Pressure
High Cholesterol
BMI
Body Mass Index
DISEASE RISKS
Diabetes
Heart Disease
Stroke
40
35
30
27
25
19
Very High
High
Moderate
Low
Minimal
34.0
BMI
RECOMMENDED CHANGES
Not Exercising
Smoking
High Blood Pressure
High Cholesterol
0
0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75
Pounds Lost

Figure 22

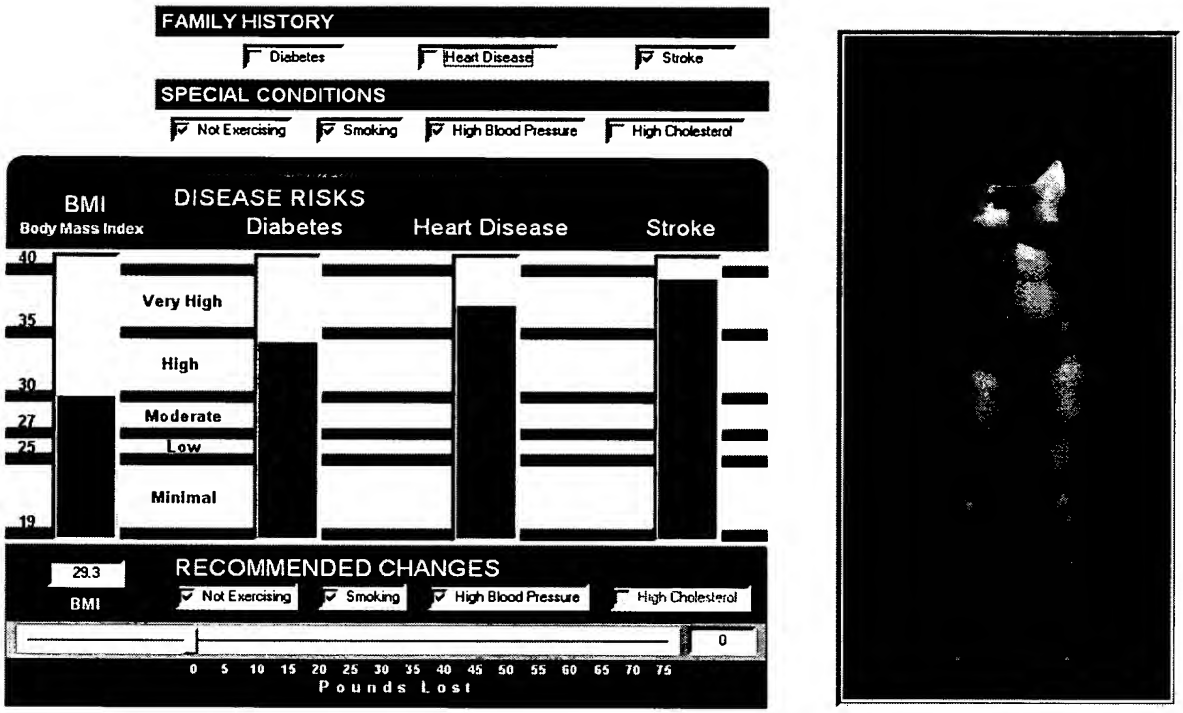
FAMILY HISTORY
Diabetes
Heart Disease
Stroke
SPECIAL CONDITIONS
Not Exercising
Smoking
High Blood Pressure
High Cholesterol
BMI
Body Mass Index
DISEASE RISKS
Diabetes
Heart Disease
Stroke
40
35
30
27
25
19
Very High
High
Moderate
Low
Minimal
29.3
BMI
RECOMMENDED CHANGES
Not Exercising
Smoking
High Blood Pressure
High Cholesterol
0
0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75
Pounds Lost

Figure 23

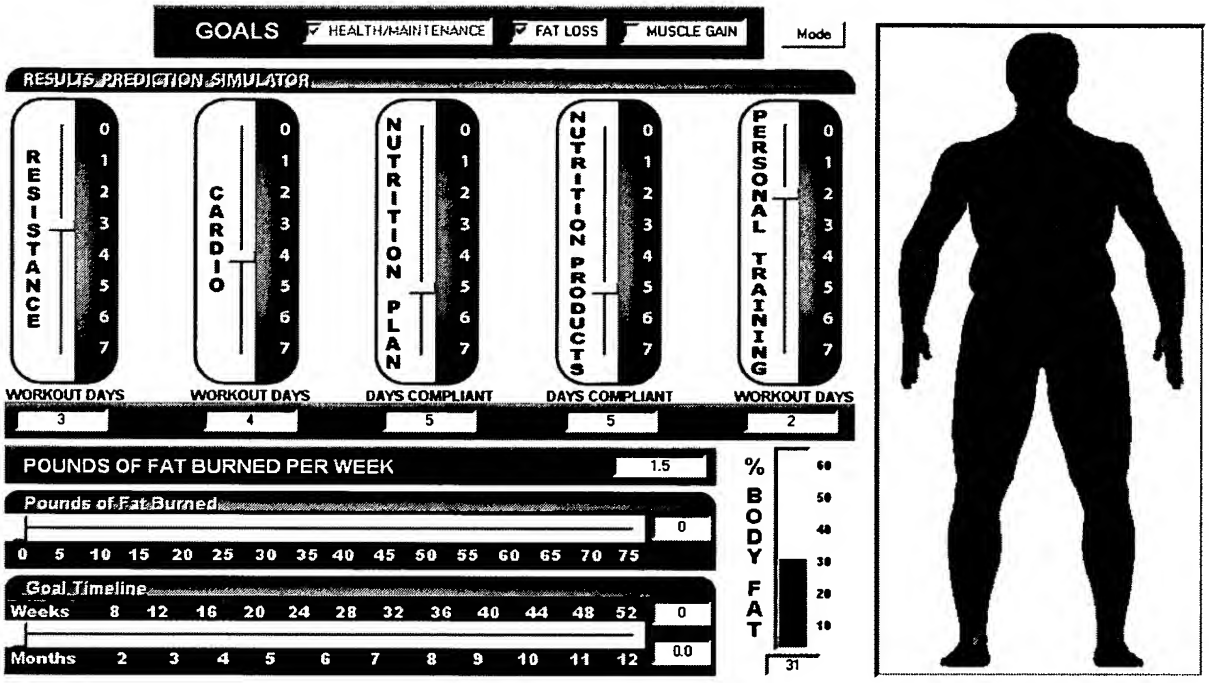
GOALS
HEALTH/MAINTENANCE
FAT LOSS
MUSCLE GAIN
Mode
RESULTS PREDICTION SIMULATOR
RESISTANCE
CARDIO
NUTRITION PLAN
NUTRITION PRODUCTS
PERSONAL TRAINING
0 1 2 3 4 5 6 7
WORKOUT DAYS
3
WORKOUT DAYS
4
DAYS COMPLIANT
5
DAYS COMPLIANT
5
WORKOUT DAYS
2
POUNDS OF FAT BURNED PER WEEK
1.5
Pounds of Fat Burned
0
0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75
Goal Timeline
Weeks 8 12 16 20 24 28 32 36 40 44 48 52
0
Months 2 3 4 5 6 7 8 9 10 11 12
0.0
% BODY FAT
60 50 40 30 20 10
31

Figure 24

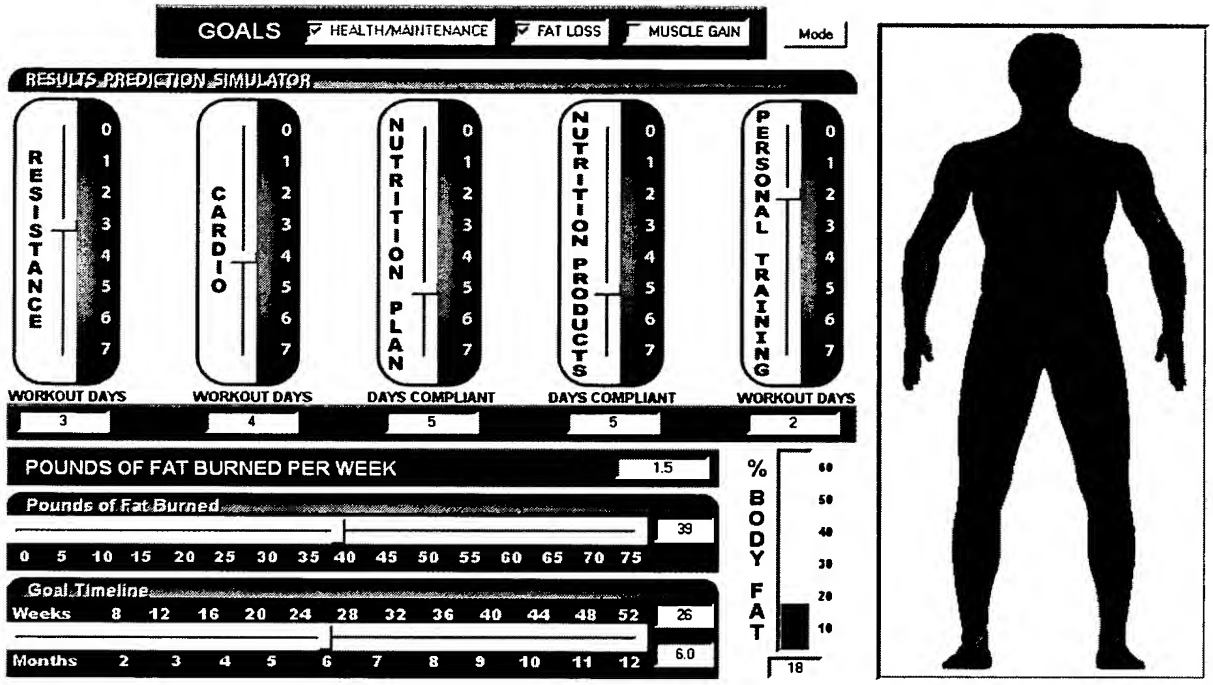
GOALS
HEALTH/MAINTENANCE
FAT LOSS
MUSCLE GAIN
Mode
RESULTS PREDICTION SIMULATOR
RESISTANCE
CARDIO
NUTRITION PLAN
NUTRITION PRODUCTS
PERSONAL TRAINING
0 1 2 3 4 5 6 7
WORKOUT DAYS
3
WORKOUT DAYS
4
DAYS COMPLIANT
5
DAYS COMPLIANT
5
WORKOUT DAYS
2
POUNDS OF FAT BURNED PER WEEK
1.5
Pounds of Fat Burned
39
0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75
Goal Timeline
Weeks 8 12 16 20 24 28 32 36 40 44 48 52
26
Months 2 3 4 5 6 7 8 9 10 11 12
6.0
% BODY FAT
60 50 40 30 20 10
18

Figure 25

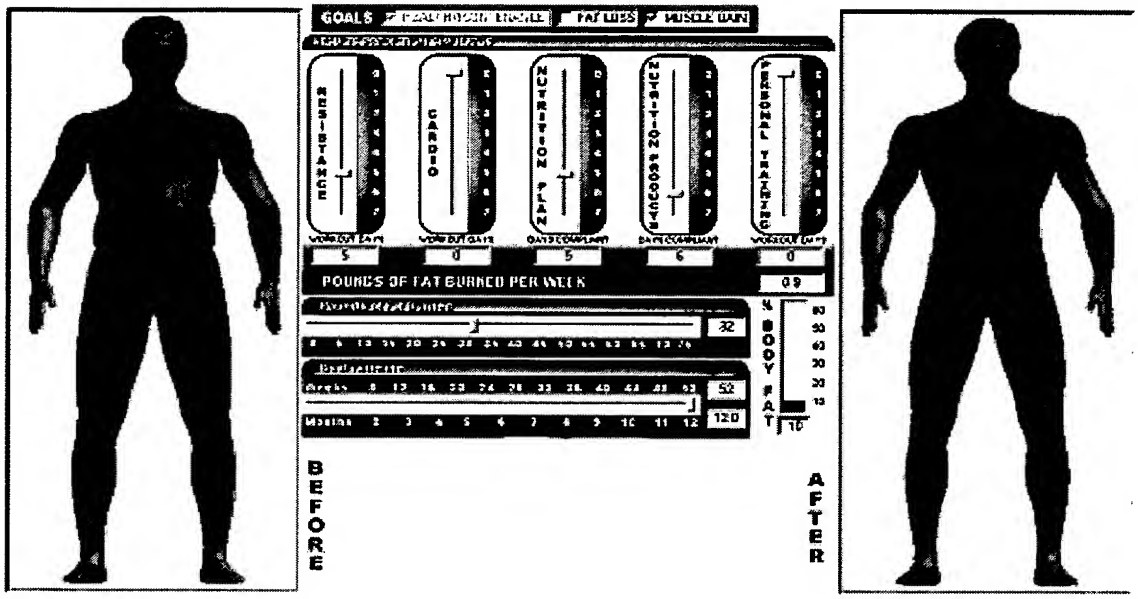
GOALS
FAT LOSS
MUSCLE GAIN
RESISTANCE
CARDIO
NUTRITION PLAN
NUTRITION SUPPLEMENTS
PERSONAL TRAINING
POUNDS OF FAT BURNED PER WEEK
% BODY FAT
BEFORE
AFTER

Figure 26

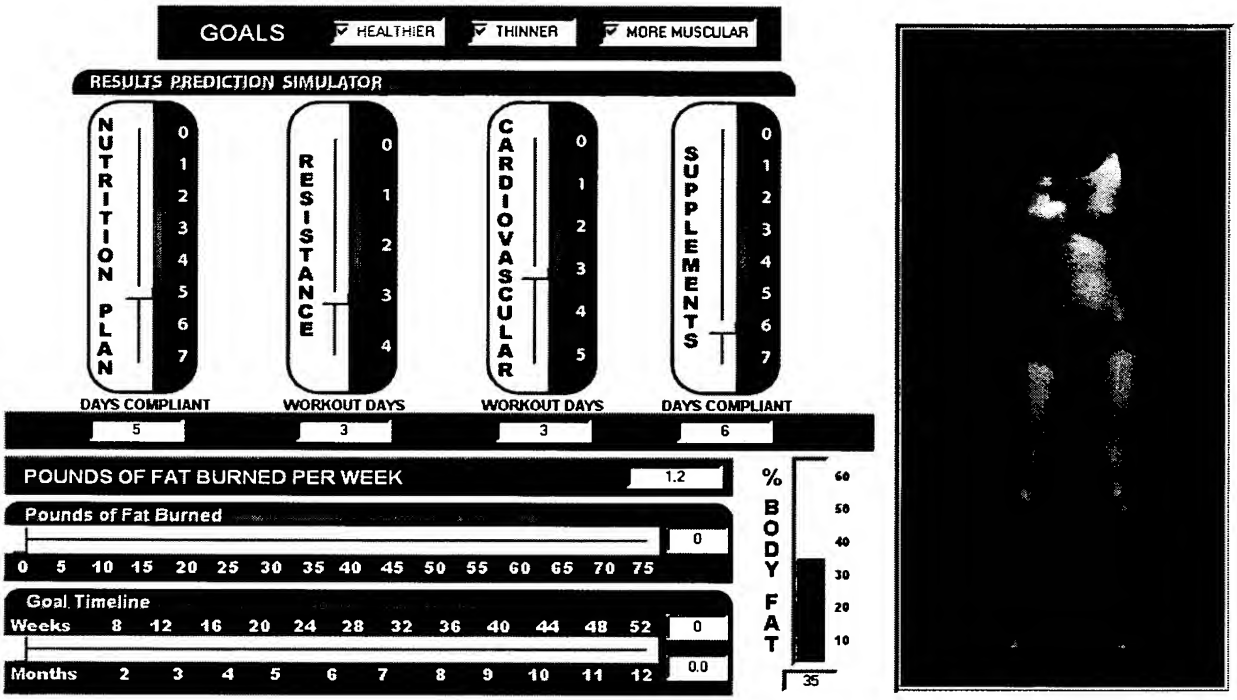
GOALS
HEALTHIER
THINNER
MORE MUSCULAR
RESULTS PREDICTION SIMULATOR
NUTRITION PLAN
DAYS COMPLIANT
5
RESISTANCE
WORKOUT DAYS
3
CARDIOVASCULAR
WORKOUT DAYS
3
SUPPLEMENTS
DAYS COMPLIANT
6
POUNDS OF FAT BURNED PER WEEK
1.2
Pounds of Fat Burned
0
0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75
Goal Timeline
Weeks 8 12 16 20 24 28 32 36 40 44 48 52
0
Months 2 3 4 5 6 7 8 9 10 11 12
0.0
% BODY FAT
60
50
40
30
20
10
35

Figure 27

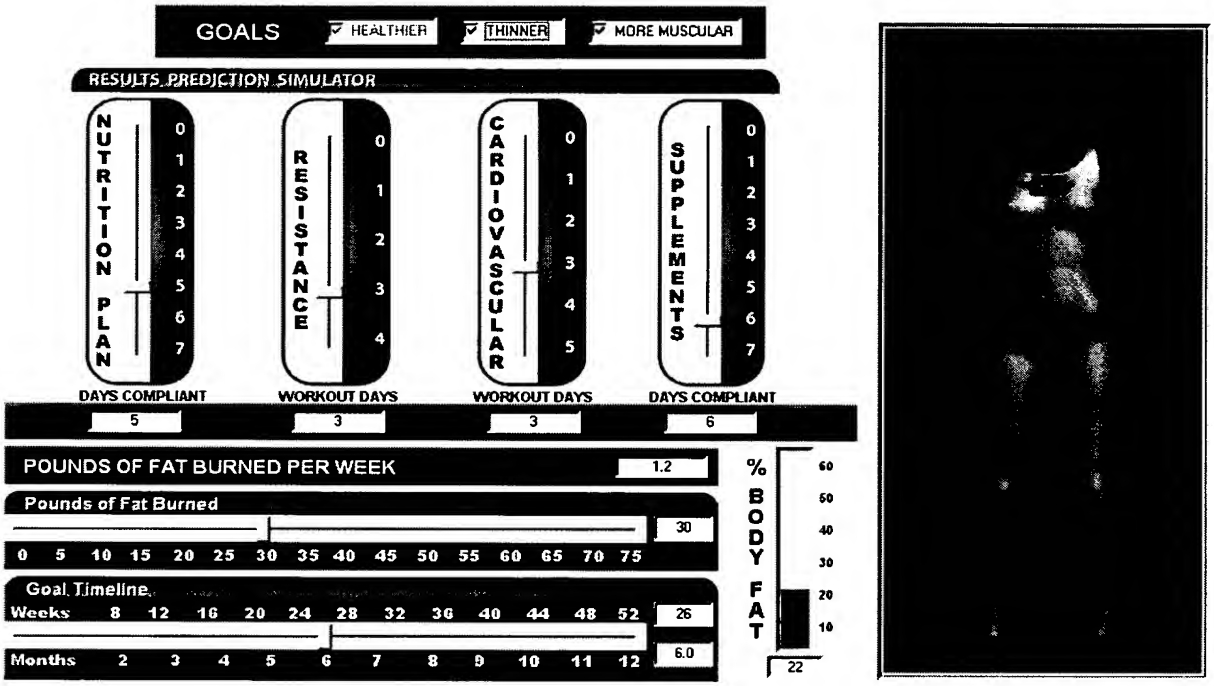
GOALS
HEALTHIER
THINNER
MORE MUSCULAR
RESULTS PREDICTION SIMULATOR
NUTRITION PLAN
DAYS COMPLIANT
5
RESISTANCE
WORKOUT DAYS
3
CARDIOVASCULAR
WORKOUT DAYS
3
SUPPLEMENTS
DAYS COMPLIANT
6
POUNDS OF FAT BURNED PER WEEK
1.2
Pounds of Fat Burned
30
0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75
Goal Timeline
Weeks 8 12 16 20 24 28 32 36 40 44 48 52
26
Months 2 3 4 5 6 7 8 9 10 11 12
6.0
% BODY FAT
22

Figure 28